



MentalHigh

MentalHigh Project Successfully Completed

At the end of April 2026, the “MentalHigh” project, funded by the European Union under the Erasmus+ programme, was successfully completed. The project results were presented in March at an international final conference in Ho Chi Minh City, Vietnam.

Coordinated by HAW Hamburg, Germany, the project collaborated with seven partner universities in Vietnam and Cambodia to raise awareness of mental health, reduce stigma, and establish low-threshold support services at universities.



International Closing Conference of the MentalHigh Project in Spring 2026 in Ho Chi Minh City, Vietnam

Starting university brings significant changes and numerous new challenges for students, which can also pose risks to their mental health. Existing or newly emerging mental health conditions can significantly affect students’ academic progress and success. In many countries in Southeast Asia, awareness of this issue remains limited, which may lead to stigmatization and social exclusion. In addition, accessible support services are still lacking in many places.

Cooperation Between Universities in Southeast Asia and Europe

Within the MentalHigh project, coordinated by HAW Hamburg in Germany, three European universities and seven universities from Vietnam and Cambodia worked together to improve the situation for students in this regard. With regular student

involvement, an online curriculum designed to promote resilience and a mobile app providing information on health-related topics were developed, culturally adapted, and evaluated.

In line with a holistic and setting-based approach, regular mental health events and activities, as well as workshops for university administrators and staff, were planned and implemented.

Over the last two years more than 90 MentalHigh events were held at partner universities in Vietnam and Cambodia, involving over 10,000 participants in total. The evaluation results showed a high level of interest among participants and increased awareness of mental health issues.

Digital Interventions: Shining Mind and MoodCare

Several hundred students from the partner universities participated in a pilot study on the digital interventions *Shining Mind* and *MoodCare*, which were culturally adapted and developed as part of the project. The programmes were rated as user-friendly, and participant satisfaction was high. The app contributed to improved mental health literacy, while participation in the online curriculum had a positive impact on students' resilience. In addition, various suggestions for programme improvements were collected and implemented.

Project Results and Outlook

The digital resources, event announcements, and additional project information were consolidated on the project's central online platform, mentalhigh.net, where they remain publicly available.

Overall, the project results demonstrate the potential of accessible digital interventions to strengthen students' mental health in Southeast Asia. Furthermore, the project showed that regular campus activities and workshops can sustainably raise awareness of the importance of mental health and related support services at universities.

More Information:

Mentalhigh.net

Project Partners

- Hamburg University of Applied Sciences (Project coordinator)
- VNU University of Education, Vietnam
- Turku University of Applied Sciences, Finland
- Universitat Jaume I, Spain
- VNUHCM University of Social Sciences and Humanities, Vietnam

- Thai Nguyen University of Agriculture and Forestry, Vietnam
- Thai Nguyen University of Economics and Business Administration, Vietnam
- Vinh University of Technology Education, Vietnam
- Royal University of Phnom Penh, Cambodia
- National Institute of Education, Cambodia

